

EMOTIONAL SURVIVAL TRAINING for First Responders

By Dr. Kevin Gilmartin

Best selling author, clinical psychologist and retired Deputy Sheriff



FREE MO POST HOURS

September 25, 2014

8:00am to 4:00pm

Kansas City Regional Police Academy
6885 NE Pleasant Valley Rd.
Kansas City, MO 64119



NO CHARGE
Seating Limited

MO POST hours available
For additional information contact
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For registration contact
Cara Vellar at Cara.Vellar@kcpd.org

Based on Dr. Gilmartin's best selling book "**Emotional Survival for Law Enforcement – A Guide for Officers and Their Families**" his presentation is designed to assist first responders by the development of behavioral strategies to inoculate against loss of idealism and inappropriate behavior patterns. It will review the short and long-term effects on first responders on both the personal and professional aspects of their lives. The course will discuss how the initial enthusiasm and desire to professionally contribute can be transformed into negative cynicism, social distrust and hostility. That can then significantly impact the professionals work performance, decision-making and ultimately over-all quality of life. This course will also review the impact on the children of first responders in terms of school functioning and health. The goal of this course is to have first responders review the potential impact the career causes in the personal life and to develop strategies for overall emotional survival. The strategies are designed to permit the professional to continue functioning effectively and ethically without "burning-out" and without resorting to emotional isolation from friends and colleagues.

Emotional Survival will review the causes of and interventions for;

Cynicism
Relationship Failures
Integrity Loss Issues
Situational Values
Entitlement Orientation

Malcontentism
Supervision Issues
Aggression Issues
Victim-Based Thinking
Loyalty vs Integrity

This course will benefit all First Responders: Law Enforcement, Civilian Personnel, Fire, Paramedics, 911 Dispatch, Medical Professionals and those who work with them. Spouses are encouraged to attend FREE as well.